

## An Overview from *How to Make Custom-Fit Bras*

*How to Make Custom-Fit Bras* uses an approach to creating patterns that is more three-dimensional than most patternmaking approaches which are referred to as “flat patternmaking.” Below is an overview of my approach used to create patterns for custom-fit bras. For more information, visit my website Custom-Bras.com.

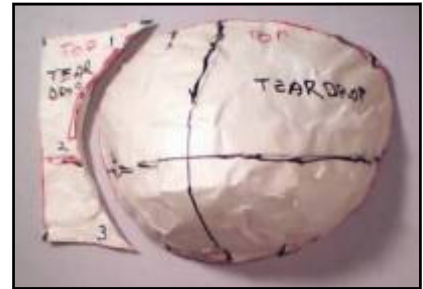
Don McCunn



1. Determine whether the bra is to be shaped using natural posture or a Bust Sling, as illustrated here.



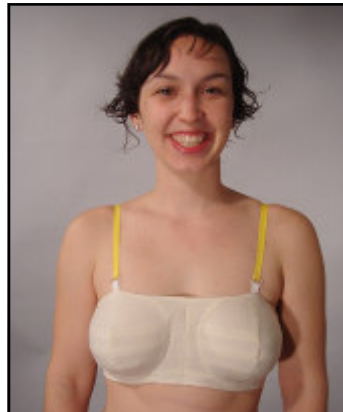
2. Create a mold of the Bra Sloper on the body.



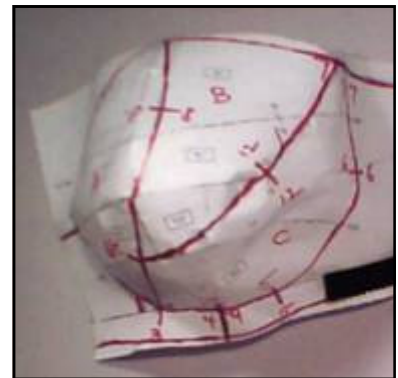
3. Remove the three-dimensional mold from the body.



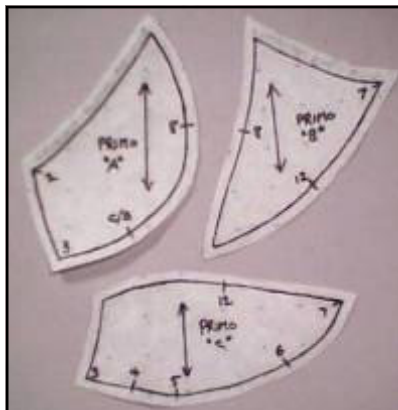
4. Trim the mold, then cut it into flat pattern pieces.



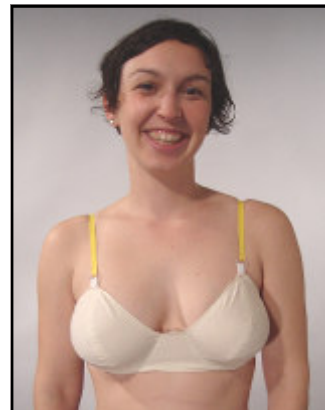
5. Create a test muslin sloper and adjust the fit as necessary.



6. On a reconstructed copy of the Bra Sloper cup, create the design for a bra.



7. Make a pattern for the new bra design and cut a test version in muslin.



8. Test the fit of the new design and adjust as necessary.



9. Sew the finished bra.

## Introduction, cont'd

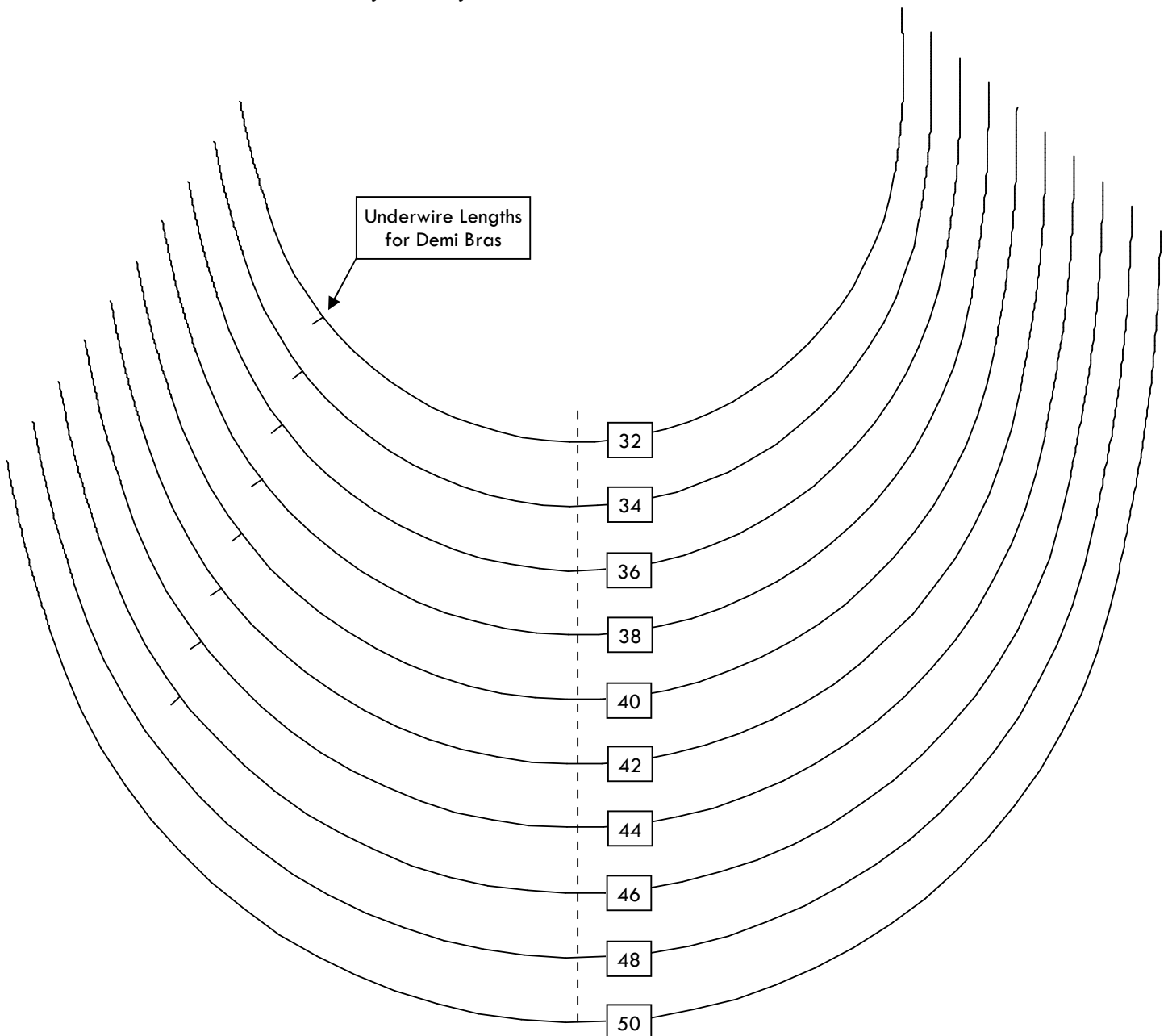
### Underwires

Underwires can be used to control the shape of a bra. They are also useful for determining seam lines while the bra cup mold is created.

To determine the size of the underwire you need, use a length of copper wire to establish where the breast meets the rib cage, as shown in the photo. Then compare the shape of the copper wire to the chart below.

This chart shows the inside edge of the underwires offered by various suppliers. The dimension is based on the size of the underwire required for a B Cup bra.

The actual size, shape, and length of the underwires can vary from one manufacturer to the next so this chart is an approximation. The first time you order from a company, it is always best to order a size larger and a size smaller as well as the size you think you will need.



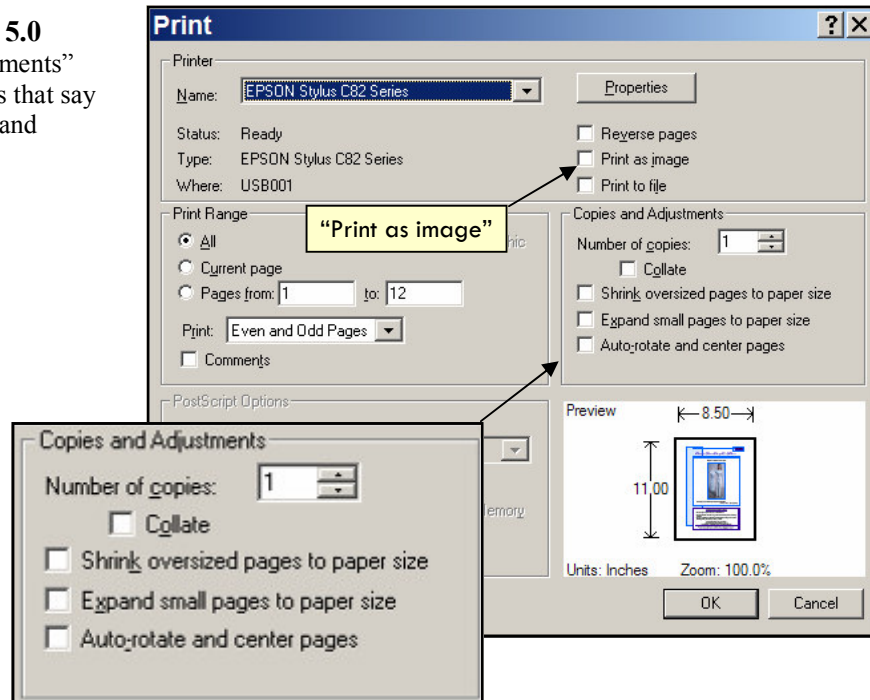
# Printing PDF Files

The Adobe Acrobat print function can be set to shrink or expand pages. This will cause the patterns to be printed incorrectly. The phrasing of this function depends on the version of Acrobat that you are using. Two versions are shown below.

To verify the patterns are the correct size, measure the blue 8" x 10" (20.3cm x 25.4cm) boxes that appear around the edges of the pattern pages.

Another problem you may encounter is that the text in the sewing instructions prints additional characters. These characters do not appear when the pages are displayed. When this happens, select the "Print as image" function.

**Acrobat Reader 5.0**  
In the "Copies and Adjustments" section, uncheck the boxes that say "Shrink oversized pages" and "Expand small pages."



**Acrobat Reader 6.0 & 7.0**  
In the "Page Handling" section, set "Page Scaling" to "None."

To access the "Print as image" checkbox, click the "Advanced" button.

